

COBrownGravy300

Number of Servings: 300 (59.79 g per serving)

Amount	Measure	Ingredient
3.00	lb	Margarine, 80% fat, unsalted, stick
4 1/4	Tbs	Spice, onion, pwd
3.00	Tbs	Spice, pepper, black
4 1/4	Tbs	Herb, marjoram, leaves, ground
3.00	Tbs	Herb, thyme, ground
4 1/2	qt	Flour, all purpose, white, bleached, enrich
4 1/2	gal	Broth, beef, clear, rducd sodium, rts, cnd

Nutrients per serving

Nutrition Facts		
Serving Size (60g)		
Servings Per Container		
Amount Per Serving		
Calories 60		Calories from Fat 35
		% Daily Value*
Total Fat 3.5g		5%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 105mg		4%
Total Carbohydrate 6g		2%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 1g		
Vitamin A 4%	Vitamin C 0%	
Calcium 0%	Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300 mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Instructions

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 212F for 1-2 minutes until thickened

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Melt margarine. Stir in spices and flour. Cook, stirring occasionally, until mixture is lightly browned. Gradually stir in broth.

Cook stirring constantly until thickened.

Serve 2 oz (1/4 cup) per serving

1 serving = 0 CS unless more than 1/4 cup is served.